

November 2010

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



www.texasweet.com

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USDA Resources

Powerline has nutrition education and physical activity lesson plans for all grade levels. It also contains bright ideas that can be implemented in schools and has tips and tricks for presenters. Check out this resource:

http://www.fns.usda.gov/eatsmartplayhardeducators/userfiles/File/9915_powerline_bro_FA.pdf

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For a list of bright ideas to get students moving check out this website:

http://origin.www.fns.usda.gov/eatsmartplayhardeducators/file.asp?F=BAA13D0D8BC740B58594A224F57424E7%2Epdf&N=BrightIdeasNationalPAMonth2008+%282%29%2Epdf&C=bright_idea/files

Want to know if your competitive foods meet the HealthierUS School Challenge (HUSSC) criteria? Check out this HUSSC Competitive Foods Calculator:

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html> The HUSSC is similar to the Indiana Law of competitive foods but NOT THE SAME. To find the difference between the two check out the Indiana law—
http://www.doe.in.gov/food/pdf/Food_and_Beverage_Items_Sold_to_Students.pdf and for the HUSSC standards go to this website—
http://teamnutrition.usda.gov/HealthierUS/formulas_foodcalc.pdf. Please make sure your competitive foods follow the Indiana Law.

Allen Elementary Marion Community Schools

To help promote the Fresh Fruit and Vegetable Program, the staff at Allen Elementary dressed up as fruits and vegetables. The staff went around to each classroom and promoted the program by encouraging students to try all the fresh fruits and vegetables they receive and talked about the importance of eating fresh fruits and vegetables. The school also created a puppet show which was taped and viewed by all classes during student library time the week before the FFVP started. The script was written by Kristy Sisson, the Literacy Coach, edited by Kevin Biddle, and directed by Michele Deavers. Five 4th graders performed the puppet show. The show featured two children who overate sweets and had to face the consequences of their action. The children learned about the benefits of eating healthy foods with the help of the doctor and

a friendly neighbor. For more information, contact Kristy Sisson by clicking [here](#).



Contact Sarah Kenworthy at skenworthy@doe.in.gov to be featured in the next FFVP Buzz.

Afterschool Feeding: Bringing Everyone to the Table

The School Nutrition Foundation (SNF) in partnership with Kraft Foods will be offering a **FREE Wednesday Webinar on Wednesday, November 10, 2010 from 2:00-3:15 pm EDT**, entitled "Afterschool Feeding: Bringing Everyone to the Table."

Learn about the trends that have resulted in the need for afterschool snacks and supper programs and how school nutrition professionals can play a crucial role in their success. This webinar will outline the role of community coalition building to support the afterschool feeding environment. Hear from three school nutrition professionals who provide snacks and supper to children after the school bell rings. Learn how they brought community members to the table and created successful programs.

Click here to register: <https://www2.gotomeeting.com/>

2011 Senator Richard G. Lugar - School Food Service Employee of the Year Award

For the 14th year, Senator Richard G. Lugar, in partnership with Indiana Farm Bureau and the Indiana Department of Education, will formally recognize a school food service employee who contributes significantly to the health and learning capabilities of our students. The selected recipient will be presented with an award during the Indiana School Nutrition Association's award ceremony in the spring of 2011. Indiana Farm Bureau will provide a monetary award of \$500. Entries are due by February 25, 2011. For information on selection criteria and nomination guidelines, visit

http://www.doe.in.gov/food/lugar_award.html.



State Agency Update

APPLY NOW! To Receive One of Twenty \$4,100 Mini-grants



The 2010 Indiana Team Nutrition Grant project will offer training and mini-grants to 20 Indiana schools to take the HealthierUS School Challenge (HUSC). The HealthierUS School Challenge is a USDA initiative to recognize those schools participating in the National School Lunch Program that have created healthier school environments through the promotion of nutrition and physical activity. More information about the HealthierUS School Challenge <http://www.fns.usda.gov/tn/healthierus/index.html>.

The project will be implemented from early 2011 through 2012, but you must apply by Tuesday, November 30, 2010. For more information about this mini-grant opportunity or to view the application, visit: <http://www.doe.in.gov/food/training/>.



Let's Move!, in association with the U.S. Department of Agriculture (USDA), is challenging school nutrition professionals, chefs, students, parents, and community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country.

Participants will form teams, develop, document, and prepare at least one healthy recipe in one of three categories (Whole Grains, Dark Green and

2010-2011 Healthy Hoosier School Award

It's time to start gearing up for next year's Healthy Hoosier School Award. The paper application is posted at www.actionforhealthykids.org/indiana. While the paper application is primarily used to prepare and organize your answers before submitting the online application, it can also help you to see where your school can make changes toward creating a healthier school environment. Take the time to evaluate and make changes to your school wellness practices and policies now, to work towards increasing next year's award level. Later this fall, the online application will be made available and must be submitted by April 1, 2011.

Questions about the mini-grants, the HealthierUS School Challenge, Senator Richard G. Lugar-School Food Service Employee of the Year, or the 2010-2011 Healthy Hoosier School Award should be directed to Beth Foland at efoland@doe.in.gov or Heather Stinson at hstinson@doe.in.gov.

Orange vegetables, or Dry Beans and Peas). Their creations will be served in the school's cafeteria, and rated by students. Fifteen semi-finalist teams will have their recipe evaluated by our judging panel during events held at their school, and the top three teams will compete in a national cook-off to determine the grand prize winner! Semi-finalists' recipes will also be posted for online voting by the public to determine a Popular Choice Winner. Winning teams will be invited to prepare their nutrition-packed meals alongside White House chefs. To learn more visit: <http://www.recipesforkidschallenge.com/>

33 Tasty Snack Ideas

Including a dairy snack between meals is a healthy way to keep hunger in check and stay energized throughout the day. Together milk, cheese and yogurt provide a unique nutrient package of nine essential nutrients that help Americans improve overall diet quality. Enjoying three servings a day can also help maintain a healthy weight.



Milk

1. Rise and Shine:

Get a mid-morning boost with a cold glass of fat free milk and sliced peaches.

2. Strawberry-sicles:

Mix lowfat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

3. Flavor on-the-Fly:

Fat free flavored milks are perfect anywhere you go- just take, shake and sip!

4. Choco-Raspberry Chug

Blend a cup of fat free milk with frozen raspberries and sweetened cocoa.

5. Sweet Milk Steamer:

Microwave a cup of lowfat milk and honey.

6. Banana Split Blenders:

Blend lowfat strawberry milk with banana slices and ice.

7. Morning Mocha

Mix a cup of reduced fat milk with a teaspoon of instant coffee and sweetened cocoa.

8. A Sip of Spice

Warm a cup of milk and mix with Chai tea to warm up the afternoon.

9. Graham Dunk:

Dip a few graham crackers into a cold glass of lowfat milk.

10. Fruity Splash:

Blend your strawberry milk with fresh bananas and ice.

11. Vanilla-Berry Bowl:

Enjoy lowfat vanilla milk with a bowl of fresh berries.

Cheese

12. Salsa Roll-Up:

Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.

13. Cheddar Crunch:

Mix ½ cup of Cheddar cheese shreds with popcorn and pretzels.

14. Veggie Wraps:

Wrap Colby Jack cheese around spears of asparagus.

15. Cherry Tomato Crunchers

Top wheat crackers with reduced fat Mozzarella cheese and cherry tomatoes.

16. Cheese & Crackers:

Layer lowfat American cheese and smoked turkey onto crackers.

17. Seafood Spread:

Mix canned salmon or crab with Ricotta or Mozzarella cheese and eat on pita wedges.

18. Zesty Tostada:

Top a tostada with fat free refried beans and reduced fat shredded Pepper Jack cheese.

19. Chicken Melt:

Melt a slice of reduced fat Colby Jack cheese over canned chicken on an English muffin.

20. Cheese Ka-bob:

Alternate small slices of apples and reduced fat Cheddar cheese on skewers.

21. Lettuce Wraps

Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.

22. String by String:

Pack light string cheese into your bag for a post-workout energizer.

Yogurt

23. Tropical Smoothie:

Blend fresh orange slices with strawberry yogurt and ice.

24. Cucumber Salad

Mix diced cucumber with a cup of lowfat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat pita wedges.

25. Mango Mixer

Enjoy a tropical treat by blending mango, plain lowfat yogurt and a splash of pineapple juice.

26. Parfait Pleaser:

Layer granola and fresh fruit with your favorite lowfat yogurt.

27. Simple Shortcake:

Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat.

28. Berry Blast:

Mix blueberry yogurt with fresh blueberries or raspberries.

29. Go Nuts:

Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.

30. Honey Fruit Dip:

Mix fat free yogurt with a dollop of honey for a sweet fruit dip.

31. Yo-on-the-Go:

Enjoy your favorite flavor of drinkable yogurt at the office or on the go.

32. Mocha Mudslide

Stir chocolate syrup into a cup of coffee-flavored yogurt and freeze.

33. Yogurt Pops:

Freeze squeezable yogurt for a quick and creamy popsicle.

Lower blood pressure is important at any age.



Talk with parents about DASH.

Foods emphasized in the DASH Eating Plan

- ✓ **LOW-FAT or FAT-FREE MILK, yogurt or reduced-fat cheese**
- ✓ **FRUITS**
- ✓ **VEGETABLES**
- ✓ **WHOLE GRAINS**

With more than 15 percent of school-aged children diagnosed as overweight and obese,¹ the risk of developing high blood pressure when they grow up increases significantly. Research has shown that children who consistently eat more servings of dairy foods, fruits and vegetables had the lowest blood pressure levels over time. Conversely, those who ate the least amount of dairy foods, fruits and vegetables had the highest blood pressure levels over time.²

The DASH (Dietary Approaches to Stop Hypertension) Eating Plan is encouraged as one of the lifestyle modifications to help prevent and control high blood pressure in children.³ A DASH-type diet, rich in fruits, vegetables and low-fat dairy foods, was more effective than routine outpatient care at improving systolic blood pressure and diet quality in adolescents with elevated blood pressure.⁴

Children with lower blood pressure in adolescence are less likely to develop hypertension as young adults.⁵ Nutrients in dairy, including calcium, vitamin D, protein, potassium and magnesium, are also important for growth and development. Parents who follow the DASH Eating Plan for their family may lower their own blood pressure and reduce the risk of future hypertension for their children. Adults with mild hypertension who followed the DASH diet reduced blood pressure as much as a single antihypertensive medication.⁶



Go to www.mypyramid.gov for eating plans.

Visit http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf for a guide to lowering your blood pressure with DASH.

For more tips, go to www.nationaldairycouncil.org.

For additional DASH resources and healthy recipes, go to www.3aday.org.



NATIONAL DAIRY COUNCIL



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



American Dietetic
Association



These organizations support 3-A-Day™ of Dairy, a science-based nutrition education program encouraging Americans to consume the recommended three daily servings of nutrient-rich low-fat or fat-free milk and milk products to improve overall health.

1. National Heart, Lung, and Blood Institute 2004.

2. Moore, Lynn L. et al., Intake of Fruits, Vegetables, and Dairy Products in Early Childhood and Subsequent Blood Pressure Change. *Epidemiology*, 16(1):4-11, January 2005.

3. National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents.

The 4th report on the diagnosis, evaluation, and treatment of high blood pressure in children and adolescents. *Pediatrics*, 114, 555, 2004.

4. Couch SO, et al., The efficacy of a clinic-based behavioral nutrition intervention emphasizing a DASH-type diet for adolescents with elevated blood pressure. *J Pediatr*, 152: 494-501, 2008.

5. Sun Shumei, S., et al. Systolic Blood Pressure in Childhood Predicts Hypertension and Metabolic Syndrome Later in Life. *Pediatrics*, 2007. 119:237-246

6. Appel LJ, et al., A clinical trial of the effects of dietary patterns on blood pressure. *NEJM*, 336: 1117-1124, 1997